



**Organizator:** ZOS Koszalin  
**Data:** 2015-07-26  
**Miejsce:** Koszalin  
**Dystans:** 6.6 km

## BIEG HERKULESA

B4SPORT



Klasyfikacja: K-34

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.2km	4.4km	Czas netto 6.6km	Czas brutto 6.6km	Różn	Tempo min/km	Tempo km/h
1	<b>FRONTCZAK Izabela</b>	<b>28</b>	4RUN TKKF KOSZALIN	K-34	1	00:40:06	00:10:37	00:22:11	<b>00:34:05</b>	<b>01:14:11</b>		5:09	11.6 (100%)
2	<b>KOWALEWSKA Ewelina</b>	<b>62</b>		K-34	2	00:40:07	00:11:56	00:24:56	<b>00:37:35</b>	<b>01:17:42</b>	+00:03:30 (9.3%)	5:41	10.5 (90.5%)
3	<b>JÓŹWIAK Katarzyna</b>	<b>48</b>		K-34	3	00:40:07	00:12:19	00:25:52	<b>00:38:51</b>	<b>01:18:58</b>	+00:04:46 (12.3%)	5:53	10.2 (87.9%)
4	<b>LUBICZ Anna</b>	<b>81</b>	AMADEUS CROSS TEAM	K-34	4	00:40:07	00:12:26	00:25:56	<b>00:39:06</b>	<b>01:19:13</b>	+00:05:01 (12.8%)	5:55	10.1 (87.1%)
5	<b>SZMULIK Marta</b>	<b>147</b>		K-34	5	00:40:08	00:12:58	00:26:57	<b>00:40:27</b>	<b>01:20:35</b>	+00:06:22 (15.7%)	6:07	9.8 (84.5%)
6	<b>HIROWICZ Agnieszka</b>	<b>38</b>		K-34	6	00:40:09	00:13:20	00:27:15	<b>00:40:48</b>	<b>01:20:57</b>	+00:06:43 (16.5%)	6:10	9.7 (83.6%)
7	<b>LEWANDOWSKA Dominika</b>	<b>79</b>	GRYF LOK BIAŁOGARD	K-34	7	00:40:07	00:14:36	00:30:21	<b>00:44:57</b>	<b>01:25:04</b>	+00:10:52 (24.2%)	6:48	8.8 (75.9%)
8	<b>MROCZKOWSKA Martyna</b>	<b>97</b>	GRYF LOK BIAŁOGARD	K-34	8	00:40:07	00:14:36	00:30:23	<b>00:44:58</b>	<b>01:25:05</b>	+00:10:53 (24.2%)	6:48	8.8 (75.9%)
9	<b>WĘGIEL Aleksandra</b>	<b>164</b>		K-34	9	00:40:08	00:13:10	00:27:45	<b>00:45:09</b>	<b>01:25:17</b>	+00:11:04 (24.5%)	6:50	8.8 (75.9%)
10	<b>WŁODARCZYK Emilia</b>	<b>170</b>		K-34	10	00:40:08	00:15:09	00:31:54	<b>00:49:07</b>	<b>01:29:15</b>	+00:15:02 (30.6%)	7:26	8.1 (69.8%)
11	<b>FORNAL-ZIENKIEWICZ Aneta</b>	<b>27</b>		K-34	11	00:40:07	00:15:49	00:32:53	<b>00:50:00</b>	<b>01:30:07</b>	+00:15:55 (31.8%)	7:34	7.9 (68.1%)
11	<b>CZARNECKA Paulina</b>	<b>16</b>		K-34	12	00:40:07	00:15:49	00:32:54	<b>00:50:00</b>	<b>01:30:07</b>	+00:15:55 (31.8%)	7:34	7.9 (68.1%)

Znaleziono 12 wynik(ów)